

Wintertime Fun



Avenidas

NEWS

Winter 2023

SAVE THE DATE!

Call (650) 289-5400 for event details

Holiday Ukulele Orchestra Concert & Sing-along

Thursday, December 8,
2 to 4pm, free, drop-in

Holiday Open House and Craft Sale

Sweet treats, membership discounts, great gifts, and more!
Friday, December 9,
2 to 4pm, free, drop-in

Annual Craft Sale

Select dates Nov. 18 to Dec. 20.
Call 650-289-5400 for dates & times

Sturdy, Upright, and Tall: Posture for Aging

A Gokhale Method class,
Friday, December 9, 10 to 11am,
\$25/\$30 650-289-5400

AARP Smart Driver Full Course

Saturday, December 10,
8:30am to 4:30pm
Email: register@avenidas.org

LGBTQ Holiday Celebration

Wednesday, December 21,
4 to 6pm, free.
Email: LGBTQ@avenidas.org

Renewal Labyrinth Walk and Creative Reflection

Friday, January 20,
9:30am to 12:30pm, free

Age Well, Drive Smart presented by the CHP

Wednesday, January 25,
9:30am to 12:30pm or
Thursday, February 9, 1 to 4pm,
free, register@avenidas.org

Lunar New Year Celebration!

Thursday, January 26,
10am to noon,
Cubberley, Room H6, free
ACCC@avenidas.org

Fitness for 2023 and for LIFE!

With Jayah Faye Palay, CPT
Friday, February 17, 9 to 11:45am,
\$65/\$75 650-289-5400



Amy Yotopoulos

President's Letter: Sugar and Spice & Making the Holidays So Nice!

Are you ready for winter and the holidays? I'm not! I don't know about you but somehow the end of the year got here faster than ever. It's that time of year where it's all about food in my family and getting out the old family recipes that have been passed down for generations. It won't be hard to choose a dessert this year; it will be my Grandma's spice cake recipe.

My Grandma passed away a couple months ago, at the age of 103 ("103 and a half!" she would say). She was one of my closest confidants and the biggest role model in my life. I was very blessed to have been her granddaughter for over 50 years, and she is the reason I do this work. She showed me by example how to live a life of joy and purpose, she ate sweets every day, she always had a good book to read, and she devoted herself to helping older adults. It may not be the secret recipe to healthy longevity for everyone, but it certainly worked for her, living in the home she had raised my Dad in until just weeks before she died.

It is with her in mind that I am thinking about this past year and the year to come here at Avenidas as well. We've opened our new cafe "The Redwood by Chef Julien" and it offers lots of tasty breakfast and lunch items, so come check it out. We have several holiday events taking place in December, along with two different safe driving courses and a Lunar Celebration in January that you might find interesting.

We are in the middle of strategic planning for the coming years and are focusing on how we continue to serve our community in the best ways possible. We are also in our annual campaign to raise much needed funds for our work. You may know that when it comes to philanthropy, donations to older adult services are at the bottom of a long list of other important causes, so we greatly appreciate your continued support and contributions. This time of year always makes me thoughtful, reflective, and thankful. Thank you all for making Avenidas such a special and unique place where we can gather to share a meal, exchange ideas, have fun and provide support, all in one place.

With gratitude,

Amy



The Gift of Self-Care!

by Sam Bennett-Garcia, MSW,
Avenidas Care Partners Social Worker

Sometimes I wonder if Andy Williams' holiday classic "It's The Most Wonderful Time of the Year" needed a Part II titled "It's The Most Exhausting Time of the Year!"

Between the hustle and bustle of traveling to see loved ones, creating the most delectable of feasts and passing down traditions to the next generation, it's easy to become overwhelmed. A common piece of advice that we give those in caregiving roles is that you have to care for yourself in order to do right by others (similar to the airplane oxygen mask rule). However, during this time of year, we would like to encourage this for all of our newsletter readers.

"Self-Care" is an easy statement to say but difficult to make sense of. I know you might be thinking: "What really is self-care? How do

I practice self-care? And how on earth do I do so during the holiday season? Have you seen my calendar?!" and I hear you. But prioritizing yourself as much as you do your family recipes, holiday traditions and gatherings is necessary.

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Senior Seasons
Home Research and Resources

A Time for Giving

by Dwane Anderson, VP of Fund Development

Our Annual Giving Campaign is in full swing. Soon you will receive your annual fund letter in the mail. This is your chance to give back. By doing so, you support the programs and people that make it possible for Avenidas to serve seniors in our community. Nearly 1/3 third of all donations to Avenidas are made during these last few months of the year. Don't wait! Make your gift today and avoid the holiday rush.

Read, Set, Giving Tuesday

Giving Tuesday is on November 29th and our goal to raise \$25,000 during this National Day of Giving. This year, an anonymous group of donors has agreed to match your gifts dollar for dollar up to our \$25,000 goal. Just imagine, doubling your gift in one click! Check for updates on our website (www.avenidas.org) and help us fulfill this amazing matching gift challenge.

Avenidas Lifetimes of Achievement 2023

Calling all high achievers! Avenidas Lifetimes of Achievement 2023 is planned for May 21st. Since 1998, Avenidas has recognized outstanding individuals who have dedicated their lives to improving the community through volunteerism, philanthropy, and civic engagement. The annual celebration of our awardees is also Avenidas' signature fundraising event of the year. Know someone deserving of this honor? Let us know by filling out the form on our website (www.avenidas.org). Nominations will be accepted through January 2023.

Leave a Lasting Legacy

The Avenidas Legacy Society recognizes deferred gift donors who sustain our mission to provide older adults with the resources and support they need to be as active, engaged, and healthy as possible throughout their lives. Whether you designate a specific amount or a percentage of your estate, making a gift to Avenidas in your will or revocable living trust costs nothing to make now and is simple to arrange. You won't have to give away assets you depend on, and your bequest gift remains in your control. Check out our giving page at www.avenidas.org.

Happy Lunar New Year! Welcome the Year of the Rabbit!



Lunar New Year will be celebrated on January 22, 2023.

According to the Chinese horoscope, the year of the Water Rabbit will bring a bit of relaxation for the weary, a special emphasis on music and the arts, and a year of diplomacy and grace in stark opposition to the tiresome Year of the Tiger 2022.

Join us to celebrate in person or via Zoom Thursday, January 26, 11am to 12:30pm at ACCC@Cubberley, Room H6. RSVP to ACCC@avenidas.org.

農曆新年快樂！迎春接福 賀兔年！

農曆新年大年初一是週日2023年1月22日開始。根據農曆生肖，水兔年將給疲累的朋友帶來一點的放鬆，尤其於音樂和藝術，以及社交中可帶出優雅的新年，與令人厭煩的2022虎年產生鮮明的對比。

1月26日星期四，上午11點至下午12:30，歡迎與我們一起於Zoom或親身現場於ACCC@Cubberley, H6室一起慶賀新春。電郵至 ACCC@avenidas.org 登記。

Dog Day Afternoon

A group of volunteers from Guide Dogs for the Blind visited Avenidas Rose Kleiner Center accompanied by five Golden Lab puppies (5-18 months old). These volunteers train the puppies to be companion working guide dogs, and to be a source of joy, freedom, and care for their owners. Our participants loved getting to interact with these special animals.



Gift of Self-Care

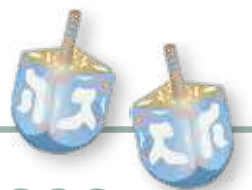
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Here are some tips to prioritizing self-care as well as ideas for your personal practice:

1. **Schedule time for self-care.** Write it down. Mark it on your calendar. Set a reminder on your phone. Whatever is your preferred method of organizing your time, make sure you include your mental well-being.
2. **Find an accountability partner.** Maybe you have a relative coming into town or a weekly phone call with a friend. Include a conversation check-in about self-care.
3. **Choose an amount of time that is reasonable and attainable for you.** Maybe you can find an hour each day that isn't jam-packed with holiday chaos. Maybe you can find 10 minutes. There is no right or wrong answer to how much time you spend with yourself, so long as you do it.
4. **Pick an activity that makes you feel good and makes sense for your lifestyle.** Read a book or listen to an audiobook. Write down three things you are grateful for each day. Play a game, or find someone who doesn't know how to play a game you enjoy and teach them!

Hug someone.

We here at Avenidas Care Partners hope that these tips help you squeeze out all the joy of the holidays that you can!



Our Voices, Our Stories: A Collection of Memoirs

“8 women, 43 stories, 7 countries, a world war, a terrorist attack, a deadly virus...Christmas trees & motorcycles, gorillas & butterflies, being young and getting old(er)...”

The new book by the Avenidas Memoir Writers, under the guidance of instructor Barbara Nachman, is available for purchase on Amazon just in time for the holidays. All proceeds benefit the Avenidas Scholarship Fund.



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Avenidas Village Celebrated Its 15 Year Anniversary



Avenidas Village celebrated its 15 year anniversary with a fun party for members and guests at 450 Bryant Street on October 20th, 2022. Catered by Chef Julien of the newly re-opened Redwood Café, the evening featured champagne, live music, short speeches and door prizes, not to mention many smiles! We also marked the occasion by highlighting our "Lower Income Membership Program" which offers qualifying members a 50% discount on their membership fees. A generous grant from longtime Avenidas Village supporter, Bill Reller, will match all donations to this important program to help more local seniors "Live Better – At Home."



Members Marcie Brown, Pat Sanders, GeeGee Williams, Gwen Sweeney and Barbara Carlitz share a laugh as Director Erika Thomas looks on.



Long-time members Linda Anderson and Ellie Heister have enjoyed many fun and interesting Avenidas Village events over the years.



Chef Julien is always pleased when his food delights people!



Dick Smallwood, John Sink and Tom Reese recounted anecdotes about getting this aging-in-place program off the ground in 2007.



Marcie Brown and Erika Thomas presented door prizes to thrilled and surprised members!

Advertorial

Miracles Happen!

There is no doubt that traveling boosts physical activity and gets those hearts pumping. Whether it is walking around neighborhoods, strolling along the beach, or simply sightseeing, these physical activities help seniors to stay healthy and in shape. Physical activity and mobility are closely linked and together contribute to older adults living healthy, independent lives. You have waited and worked and saved your whole life for retirement. With a little planning and foresight, your travel near and far can be an amazing experience!

We want nothing less than to see you live your full quality of life. Your companion can act as your wings to protect you, guide you, and support you through your most cherished moments. Nothing is impossible when you have helping hands around you, and it has been such a pleasure for caregivers to assist seniors in fulfilling special occasions which they otherwise could not have attended alone.

We were able to reunite a beloved grandmother and her grandson from her home in California to the University of Saint Andrews in Scotland, where she was given the opportunity to watch him graduate alongside her family as well as her personal assistant/caregiver. With us as her wings, she was never alone during her travel across the ocean, and her family kept peace of mind knowing that she was always assisted.



Traveling is the only thing we can buy that actually makes us richer. Not all can go far from their home, however. Neighborhood destinations encourage mobility, as older adults typically leave their homes to travel to nearby destinations.

The thought of traveling may seem overwhelming at first thought. Mobility is especially affected by age—experiencing difficult walking, climbing stairs, or using a wheelchair, cane, crutches, or walker. To have a quality of life and avoid the risk of depression, we all should maintain social participation by going on near and far vacations.

Choose a destination that will be easy to navigate. People who take annual vacations are likely to have healthier and less stressful lives ahead. Old age can bring along a lot of independence. Senior citizens have a liberty to spend time as they wish, pursuing interests and other hobbies.

What could go wrong? Your travel can be unpredictable but it is part of the adventure. Feel fortunate for the memories you create with loved ones again and have a good time. While surrounding yourself with talented professionals who can make your dreams come true and arrange the little details of our travel plans, miracles happen and you come back home happier. Find out more at www.ahaindeed.com or call 408-489-9674.

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Fly Like an Eagle: Measuring Transformational Social Outcomes Among Seniors Using Technology

How Technology and Training Drive Social Engagement for Low-Income Seniors



OATS OLDER ADULTS TECHNOLOGY SERVICES FROM AARP Humana Foundation

New Technology Report and Program to Help Seniors Get Internet Service Announced

During Digital Inclusion Week 2022, Older Adults Technology Services (OATS) from AARP—the parent nonprofit of Senior Planet from AARP, which has a center located @Avenidas—released a report, “Fly Like an Eagle: Measuring Transformational Social Outcomes Among Seniors Using Technology.”

The report details how access to technology devices and innovative training programs can yield transformational social outcomes for older adults and provides a blueprint for cities and communities looking to implement their own digital inclusion programs.

Researchers found that older adults who received technology training felt more connected to family and friends, and felt less depressed and lonely. OATS is working to get older Americans connected to the internet by raising awareness of the government’s Affordable Connectivity Program (ACP) and offering a Senior Planet lecture and workshop about the program and how to sign up. The ACP can provide low-income seniors with up to \$30 per month towards internet service at home.

Visit oats.org/FLAE to read the Fly Like an Eagle report, and be on the lookout for ACP classes at seniorplanet.org/avenidas.

